

# Dr. LaRhonda's

LEGACY CONSULTING



**Within every  
lesson lies a  
blessing,  
and within  
every disaster,  
an opportunity  
for growth.  
It all depends  
on your  
perspective.**

**-Dr. LaRhonda McLeMore-Cockrell**

**Consultant**

**Licensed School Counselor**

**Self-Published Author**

**Speaker**

# Get To Know Dr. LaRhonda!

**Dr. LaRhonda McLemore-Cockrell is a dedicated leader, educator, and advocate committed to empowering individuals to find resilience and growth through life's challenges. Guided by a personal mission to uplift those facing adversity, Dr. LaRhonda has established a remarkable career as a licensed school counselor, nonprofit founder, DEIB instructor, and certified EQ coach, making a positive impact on countless lives.**

**With a strong foundation in psychology and counseling, Dr. LaRhonda has served as a college and career coordinator, providing crucial guidance to students from elementary through high school. Her expertise spans diversity, equity, inclusion, belonging, and emotional intelligence, which she shares through her workshops, individual coaching, and consulting services. She is also the founder of Our Birthing Stories, a nonprofit inspired by her late son, Lorenzo, dedicated to supporting bereaved parents and promoting awareness of racial disparities in maternal health.**

**Dr. LaRhonda's life story reflects her resilience and passion for uplifting others. As a speaker, she inspires individuals to overcome challenges and envision their potential.**



# Why is she the right choice ?

## EDUCATIONAL BACKGROUND

**Bachelor of Science in Psychology with a Minor  
in Nonprofit Management and Leadership**  
Tennessee State University

**Master's in Professional School Counseling**  
Tennessee State University

**Doctorate of Education in Leadership and  
Professional Practices**  
Trevecca Nazarene University

## CERTIFICATIONS & LICENSES

**Diversity, Equity, Inclusion, and Belonging (DEIB)  
Instructor**

**EQ-i 2.0 and EQ 360 Coach**

**Licensed Professional School Counselor**

**Certified Grief Companion & Trauma Informed**

## PUBLICATIONS

### **Lessons Before the Blessing**

A self-help guide sharing Dr. LaRhonda's journey through adversity, offering insights on perseverance and practical strategies for growth and resilience.

### **Teacher Expectations and Perceptions of the School Counselor's Role**

This study explores teacher perceptions and expectations regarding the role of school counselors across different school districts.

### **Truth Be Told**

Narratives from the Souls of Black women.

### **Effectiveness of Group Counseling Among Children of Parents with Mental Illness**

### **Season of Loss**

A Heartfelt and inspiring memoir that explores the author's journey through a challenging season of loss including her son, Lorenzo, at 38 weeks and 2 days.



Dr. LaRhonda combines her extensive experience and personal insights to inspire and uplift. Her **empathetic approach** and expertise make her an ideal partner for organizations committed to growth and inclusivity.

# How can Dr. LaRhonda help?

## Services Offered

- ✓ **Private Social Emotional Counseling for Students**  
Individualized support for grade-age students navigating academic and personal challenges.
- ✓ **Career Counseling**  
Empowering individuals with tools and strategies to successfully navigate career transitions and development.
- ✓ **Educational Consulting**  
Assisting schools and organizations in enhancing their counseling programs and services.
- ✓ **Parent Workshops**  
Equipping parents with knowledge and tools to support their children's educational and emotional needs.
- ✓ **Group Therapy**  
Facilitating therapeutic group sessions that foster connection and healing among participants.
- ✓ **Specialized Services**  
Tailoring services to meet the unique needs of clients, including leadership development and team-building workshops.
- ✓ **Online Career or Social Emotional Counseling**  
Offering flexible counseling options to accommodate individual needs and circumstances.

## Workshop & Speaking Topics

- ✓ **Emotional Intelligence Development**  
Understanding and applying the five EQ composite areas: Self-Perception, Self-Expression, Interpersonal, Decision Making, and Stress Management.
- ✓ **Diversity, Equity, Inclusion, and Belonging (DEIB)**  
Strategies for fostering an inclusive environment in educational and organizational settings.
- ✓ **Career Development and Postsecondary Planning**  
Guiding high school seniors through effective college and career readiness strategies.
- ✓ **Support for Bereaved Parents**  
Techniques and resources for coping with pregnancy loss and navigating grief.
- ✓ **Empowerment and Resilience**  
Practical tools and strategies for overcoming adversity and reclaiming self-worth.

Dr. LaRhonda is available for **keynote speeches, panel discussions, and workshops** reflecting her expertise in **emotional intelligence, diversity, and personal empowerment**. Her engaging style and heartfelt storytelling inspire audiences to embrace resilience and envision their potential.

# Let's Work Together

## Speaking Fees

### Dr. LaRhonda McLeMore-Cockrell's Speaking Engagement Fee Structure

Licensed School Counselor | Certified EQ-i 2.0 Coach | Certified Trauma-Informed Practitioner | Certified Grief Companion | Nonprofit Founder | Author

Engagement Type	Duration	Rate	Includes
School-Based (K-12 / College)	Up to 2 hours	\$800 – \$1,250	45–60 min talk, Q&A, brief meet-and-greet, tailored for youth or educators
Community / Nonprofit Event	Up to 2 hours	\$1,500 – \$2,500	Motivational keynote or panel talk, Q&A, light facilitation
Corporate / DEIB / Wellness Events	2–4 hours	\$3,000 – \$5,000	Keynote + breakout session, Q&A, optional assessment or team coaching
National Conference / Keynote Speaker	60–90 min keynote	\$5,000+	Fully customized keynote, travel and prep included
Virtual Speaking (All Audiences)	45–60 minutes	\$500 – \$1,000	Zoom or webinar format, includes Q&A

# Testimonials

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**Dr. LaRhonda** was our commencement speaker for the McGavock High School graduation class of 2024, and her impact was truly profound. Her story, radiant light, and overall presence blessed not only our graduates but also their parents and loved ones who attended. She has a remarkable ability to capture hearts by sharing her personal trials and demonstrating how she has overcome challenges with resilience and grace. If you're seeking a keynote speaker or someone to inspire your audience, Dr. LaRhonda is definitely the person to invite.

**Cristiana Gentry**

**MNPS District Lead Cheer Coach and Dance Team Director for Raiderettes**

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“

I had the pleasure of working with **Dr. LaRhonda McLemore-Cockrell** during a mental health panel, and I was thoroughly impressed by her expertise and professionalism. She brought a wealth of knowledge to the discussion, making complex topics accessible and engaging for everyone involved. Her warmth and dynamic energy kept the audience captivated while addressing serious mental health issues with compassion. Dr. McLemore-Cockrell is not only a true expert in her field but also a joy to collaborate with. I highly recommend her to anyone seeking a skilled and personable mental health professional.

**Kimberly Clark Henry**

**Training Consultant**

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I was truly blessed to encounter **Dr. LaRhonda Cockrell**. She shared her inspiring story with a group of women, and it was a remarkable experience. Her sincerity and transparency were not just uplifting for me, but for everyone in the room. Dr. Cockrell's warm personality and gentle spirit made a lasting impression on all of us. I highly encourage you to support her work—read her books and invite her to your next women's event. Her testimony is genuinely inspirational and a blessing to all!

**Bethany Paschal**

**Executive Assistant and Musician**

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## GET IN TOUCH

Dr. LaRhonda's journey of resilience fuels her passion for empowering others.

As a speaker, she blends personal insights with expertise to inspire growth, inclusivity, and the realization of potential.